Gaming Burnout – How to Recover

Community NerdyBirdy Jul 20, 2022

Burnout is unfortunately a common feature across the world affecting many different professions and industries. After a multi-year global pandemic that strained and frayed nerves, it’s not been uncommon for millions to feel signs of extreme fatigue, hopelessness, and apathy when it comes to jobs, relationships, and routine personal duties.

Less widely discussed but equally harmful is the burnout that can affect the things and activities that we love. Hobbies, passions, and recreation can also be dragged down by the pernicious effects of unrelenting stress and anxiety. This can be especially detrimental to our wellbeing, as the things we turn to for rest and relaxation have an important role in regulating stress and anxiety. Losing our sources of fun can make it even harder to fight the effects of burnout in other areas of our lives.

One of the areas in which people have faced burnout in their hobbies is gaming. Gaming emerged as a lifeline for millions during the initial stages of the COVID-19 pandemic, and still is a healthy source of recreation for millions still. However, for some, just the idea of turning on their favorite console has turned into a source of guilt, anxiety, and even dread.

Gaming burnout can arise from a variety of different causes. One is the intense proliferation of different gaming consoles, styles, games, and studios. While this can be great for increasing the variety of games and gaming styles available, it can also add to the stress of trying to stay current with new releases. Many gamers report a fear of missing out on the newest game. Attempting to play through an ever-growing backlog of games to play can be enough to drive most into exhaustion.

For other gamers, the thought of turning on another screen, after years of working from home, can be another source of burnout. And finally for

competitive and serious gamers, the stress of continuously maintaining a skill set or streaming audience can wear down the motivation to play.

So what do you do when the feeling of mental and physical exhaustion that accompanies your gaming is consistent and prolonged? Or how do you break through the disinterest that has stopped you from playing your favorite games?

The first solution is to take a break. Sometimes, simply taking a step back is enough to recharge your batteries and refocus your energy. Gaming can be intensive and is a far more active and immersive experience than watching a movie or reading a book. Every gamer needs to schedule periodic rest and recuperation to prevent burnout or an eventual physical or mental injury.

If you find your feelings persisting, even after a good rest, it might be time to rethink the way that you're gaming. Do you find yourself playing certain games simply to stay relevant or fit in with a certain community? Now might be a good time to turn to a game or genre that you've always loved. While it can be good to branch out to new games, it's also helpful to remember that gaming is ultimately for yourself. If you're not liking a new game, you can always step away. There's no need to force yourself to play games that simply don't interest or energize you.

Finally, another great way to combat gaming burnout is to turn to your surrounding community. Many gamers are often surprised to learn how many other gamers feel the way they do. Talking through your feelings can be a great way to reorient your thoughts into healthier patterns. If you and your friends aren't feeling a game, or if you're needing a break from practicing the same repetitive moves, it's good to talk it out and find something more enjoyable.

Gaming isn't a race, and there's no time limit to how you have to game. Taking breaks and finding rest are all keys towards keeping yourself focused and motivated while gaming. While it can be nice to play the latest games, or celebrate your achievements, it's not worth sacrificing your own personal well-being. Gaming should always be for the good of the player.